

## CLAIMS:

1. A ladder stabiliser for stabilizing a ladder comprising:  
an arm member attachable to the ladder, the arm member including a body, a leg and a foot;  
5                   said leg being movable telescopically with respect to the body;  
                    said foot being attached adjacent to an end of the leg; and movable with respect to the leg; and  
                    a brace attached to the arm member and attachable to the  
10   ladder;  
                    wherein a pivot is attached to the end of the arm member to pivotally mount the ladder stabiliser to a ladder.
2. The ladder stabiliser of claim 1 wherein the arm member may be pivotally attached to the ladder using a hinge.
- 15   3. The ladder stabiliser of claim 2 wherein the hinge may be attached adjacent an end of the body.
4. The ladder stabiliser of claim 1 wherein the leg may be located within the body.
5. The ladder stabiliser of claim 1 wherein the leg may be fixed to the  
20   body using fastener.
6. The ladder stabiliser of claim 1 wherein the foot may be rotatably movable with respect to the leg.
7. The ladder stabiliser of claim 6 wherein the foot may include a threaded shaft that rotates within a nut.

8. The ladder stabiliser of claim 1 wherein the foot may be pivotally attached to an end of the leg.
9. The ladder stabiliser of claim 1 wherein the brace may be attached to the body.
- 5 10. The ladder stabiliser of claim 1 wherein the brace may be pivotally attached to the ladder.
11. The ladder stabiliser of claim 1 wherein a tab forming part of the body captures a pin located on the brace.
12. The ladder stabiliser of claim 1 wherein the brace is telescopic.